



Office of the Governor



**ARIZONA DEPARTMENT OF HEALTH SERVICES  
OFFICE OF ASSISTED LIVING PRESENTS  
A TRAINING WORKSHOP ON  
PREVENTION AND REDUCTION OF DECUBITIS ULCERS AND  
ADHERENCE TO ASSISTED LIVING RULES ON RESTRAINTS  
JUNE 2008**

Phoenix  
Location  
ADOT  
Human Resource  
Development Center  
1130 N. 22<sup>nd</sup> Avenue  
Phoenix, AZ 85009  
Phone # (602) 712-7613

Tucson  
Location  
ADHS Long Term Care  
400 W. Congress, # 158  
Tucson, AZ 85701  
Phone # (520) 628-6965

Dates  
**June 2**  
**June 5**  
**June 6**

Date  
**June 24**

**Learning Outcomes**

To become familiar with:

- Basic pressure ulcer identification
- Methods used to prevent the development of pressure ulcers
- How to identify individuals who are at risk for developing pressure ulcers
- What restraints are, the impact they have on frail elders, and interventions that can be used to maintain compliance with the Assisted Living Rules

**Presenters**

Kay Huff, RN – Team Leader of Training and is the State Clinical RAI Coordinator. Ms. Huff provides training to surveyors and providers on various regulatory guidelines. Ms. Huff's experience also includes Long Term Care and Cardio Vascular Intensive Care.

Eleanor Strang, RN, PhD – Licensing Surveyor for the Assisted Living Facilities Licensing Program. Ms. Strang has extensive experience in many aspects of nursing, including direct care, administration, and education.

Jim Tiffany, Bachelors in Psychology – Team Leader for the Assisted Living Facilities Licensing Program. Mr. Tiffany's 15 years of healthcare experience includes that of being an EMT/Paramedic and social worker.

**PREVENTION AND REDUCTION OF DECUBITIS ULCERS AND  
ADHERENCE TO ASSISTED LIVING RULES ON RESTRAINTS – JUNE 2008**

(Morning and Afternoon Sessions Available in both Phoenix and Tucson)

**Option #1**

**Morning Session**

7:30 a.m. – 8:00 a.m.	Registration
8:00 a.m. – 8:15 a.m.	Welcome
8:15 a.m. – 10:15 a.m.	Pressure Ulcers <i>Kay Huff/Eleanor Strang</i>
10:15 a.m. – 10:30 a.m.	Break
10:30 a.m. – 11:10 a.m.	Restraints <i>Jim Tiffany</i>
11:10 a.m. – 11:30 a.m. (10 minutes?)	Questions & Answers Summary/Wrap-up

**Option #2**

**Afternoon Session**

1:00 p.m. – 1:30 p.m.	Registration
1:30 p.m. – 1:45 p.m.	Welcome
1:45 p.m. – 3:45 p.m.	Pressure Ulcers <i>Kay Huff/Eleanor Strang</i>
3:45 p.m. – 4:00 p.m.	Break
4:00 p.m. – 4:40 p.m.	Restraints <i>Jim Tiffany</i>
4:40 p.m. – 5:00 p.m.	Questions & Answers Summary/Wrap-up

---

**Continuing Education Credit**

The pressure ulcers presentation will apply towards two hours of personal care training.

The restraints presentation will apply towards one hour of residents' rights training.

An application has been submitted to the Arizona Board of Nursing Care Institution Administrators and Assisted Living facility Managers for 3 hours of continuing education units (CEUs). All participants will receive a Certificate of Attendance at the conclusion of the seminar. Many national, state and local licensing boards and professional organizations will grant continuing education credit for attendance at this seminar when you submit the course agenda and your certificate of Attendance.

Special thanks to our collaborators:

**Arizona Department of Health Services (ADHS)** is the State's leading public health agency, responsible for protecting, maintaining and improving the health of all Arizonans.

**Arizona Association of Homes and Housing for the Aging (AzAHA)** is a not-for-profit trade association representing more than 50 facilities dedicated to providing quality health care, housing and services to over 12,000 elderly Arizona citizens.

**Arizona Health Care Association (AHCA)** is the state's largest association of licensed long term health care facilities, assisted living centers, and health care related businesses and organizations, dedicated to providing quality care to all residents.

**Assisted Living Federation of America (Arizona ALFA)** - The Voice of Assisted Living is the state's only trade association dedicated exclusively to assisted living providers and the consumers they serve.

**The Council of Adult Care Homes (COACH)** is a non-profit educational and networking organization designed to work with assisted care living homes in order to enhance the quality of life for the elderly population.

**Office of the Governor** – Reflecting on our past, building for our future. One Arizona.

**Registration Form****June 2008****PREVENTION AND REDUCTION OF DECUBITIS ULCERS AND  
ADHERENCE TO ASSISTED LIVING RULES ON RESTRAINTS****Two Ways to Register**

**Mail form to:**  
**Division of Licensing Services**  
**Arizona Department of Health Services**  
**Office of Assisted Living**  
**Attention: Sara Sarabia or Angie Garduno**  
**150 N. 18<sup>th</sup> Ave, #420**  
**Phoenix, AZ 85007**

**Fax form to:**  
**Division of Licensing Services**  
**Arizona Department of Health Services**  
**Office of Assisted Living**  
**Attention: Sara Sarabia or Angie Garduno**  
**Fax # (602) 364-4766**

**Fees:** There is no fee for this training.

**Please indicate which training date and session you will attend.**

(Morning and Afternoon Sessions available in both Phoenix and Tucson. **You may only attend one session.**)

**MARK ONLY ONE BOX**

Date	Session 7:30 a.m. – 11:30 a.m.	<b><u>or</u></b>	Session 1:00 p.m. – 5:00 p.m.
June 2, 2008 (Phoenix)	<input type="checkbox"/>		<input type="checkbox"/>
June 5, 2008 (Phoenix)	<input type="checkbox"/>		<input type="checkbox"/>
June 6, 2008 (Phoenix)	<input type="checkbox"/>		<input type="checkbox"/>

Date	Session 7:30 a.m. – 11:30 a.m.	<b><u>or</u></b>	Session 1:00 p.m. -5:00 p.m.
June 24, 2008 (Tucson)	<input type="checkbox"/>		<input type="checkbox"/>

**NOTE: Space is limited. Registration is limited to no more than two representatives per facility.  
Deadline to register for this training is Friday, May 16, 2008.**

**Will one or two individuals be attending from your facility?** \_\_\_\_\_

Facility Name:		Phone:	
Address:		City/State/Zip:	
Name:	Title:	Email:	Fax:
Name:	Title:	Email:	Fax:

**Cancellation Policy**

If you register and find you are unable to attend, substitutions are permitted. Substitutions must be requested in writing by May 27, 2008 to guarantee your attendance.

**Questions**

Please direct questions and request for information to ADHS Division of Licensing Services, Office of Assisted Living, at (602) 364-2639.